

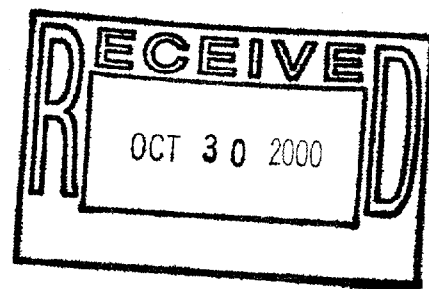
WATT Health

SCIENCES, INC.

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October 23, 2000

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
220 C Street SW
Washington, DC 20204



To The Office of Special Nutritionals;

Please be informed that WATT Health Sciences, a firm whose address is P. O. Box 131357, Carlsbad, CA 92013-1357 has begun marketing a product known as "NGAPP (Next Generation Athletic Performance Products) Ultimate Recovery Formula."

On the rear panel, of the retail package, are the following statements:

"Creatine Monohydrate: to aid in the production of muscular energy
Glutamine: to aid in the muscular repair and recovery process
Glucosamine: to provide joint support
Carnitine: to aid in efficient fat burning and support cardiovascular health
Ginseng: for energy and immune system support
Vitamins C & E, plus Alpha Lipoic Acid and N-Acetyl Cysteine: for antioxidant protection
Ginkgo Biloba: for mental and emotional support
Coenzyme Q 10: for cardiovascular support and antioxidant protection"

975-0162

5927 GEIGER COURT, SUITE B, CARLSBAD, CA 92008-7305
TOLL-FREE: 877-488-WATT PHONE: 760-603-1011 FAX: 760-431-4665
www.watthealth.com

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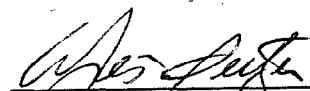
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These statements are linked with an asterisk to the required plural disclaimer. That plural disclaimer is set in a box, and appears below the statements in a typeface that is larger than one-sixteenth of an inch.

By my signature below, I am certifying that the accuracy of the information presented and contained in this notice is complete and accurate, and that WATT Health Sciences, Inc. has substantiation that the statements are truthful and not misleading.

If you have any questions and/or concerns please feel free to contact WATT Health Sciences' Quality Assurance Manager, Mr. Alan Huffington, or myself directly.

Best Regards:



Wayne T. Seltzer
President WATT Health Sciences, Inc.